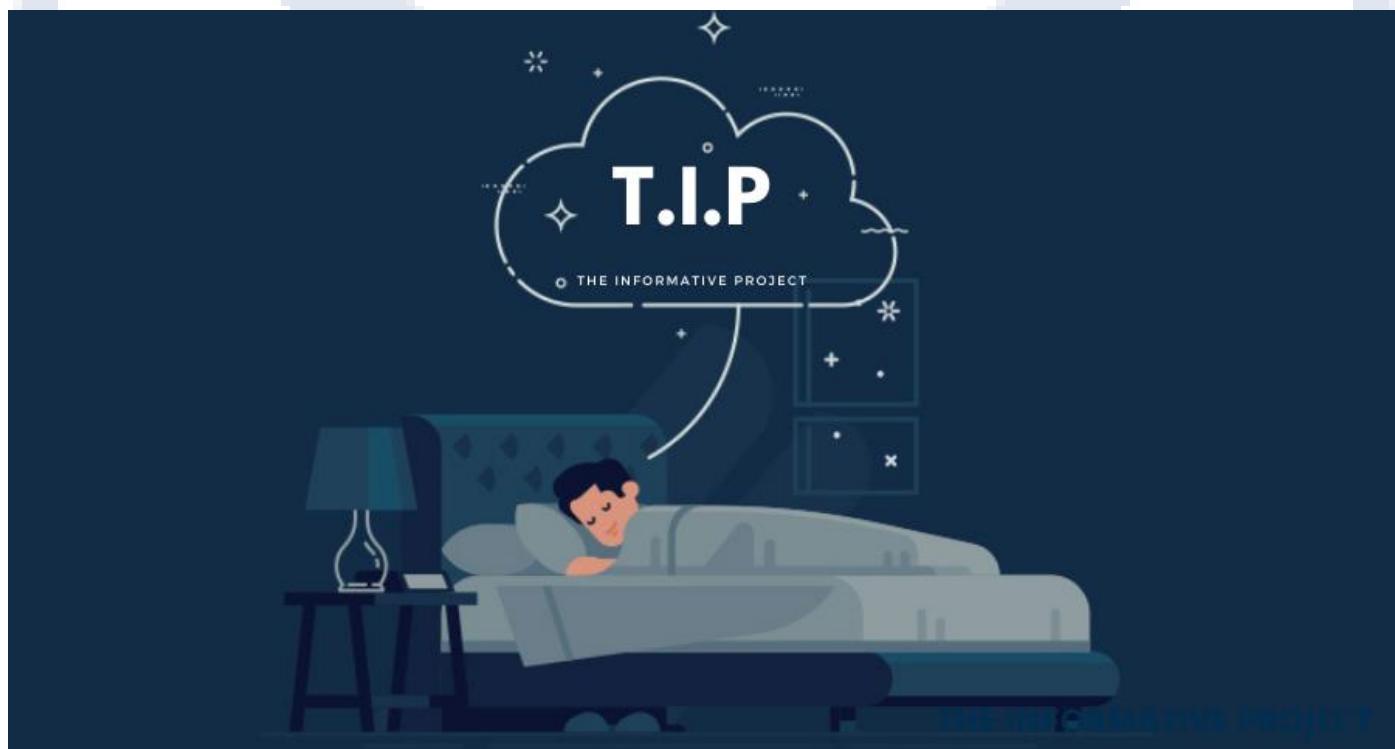


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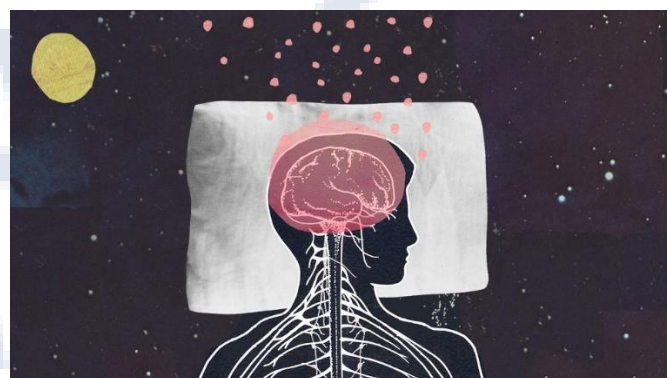
THE MEANING OF DREAMS

Karinny Lemos

Did you ever had a crazy dream and woke up without even knowing what was that about? Dreaming is one of the most mysterious experiences in our lives and it's natural to be scared or try to understand what it means. Besides that, the human brain keeps being one of the most incredible machines that we have, which is capable to do and reproduce things that we still don't understand. That's why there's a lot of researches about the meaning of what our brain reproduces during the time we are not awake.

Some of these interpretations come from the beginning of the times, when people thought that dreams could have premonitory powers or could be even some message from the gods.

The Ancient Egyptians believed so strongly about the power of dreams to foretell the future and offer advice, that they had rituals to incubate their dreams. In some cases, they would actually bring their dreams to a special oracle who would study it and then ... go to sleep and have a dream about their dream.



Dream Incubation

Dream incubation was a widespread practice across the Near Eastern civilizations of the ancient world. Egyptian, Mesopotamian, Greek and Hebrew texts all refer to some form of inviting the other world to send prophetic dreams. The process was similar across the region: a person who wanted advice or a message from the gods would come to a temple or other holy place and offer a payment to the keepers of the temple. Most often, they would follow a ritual that might include offering a sacrifice, eating certain foods or drinks and/or fasting. This was followed by sleeping in the “presence of the gods” in the temple, usually in rooms set aside specifically for that purpose. In some places, the actual dreaming was done by an oracle or prophet. In others, the person seeking advice slept and dreamed beside the oracle, who would then interpret both of their dreams together.



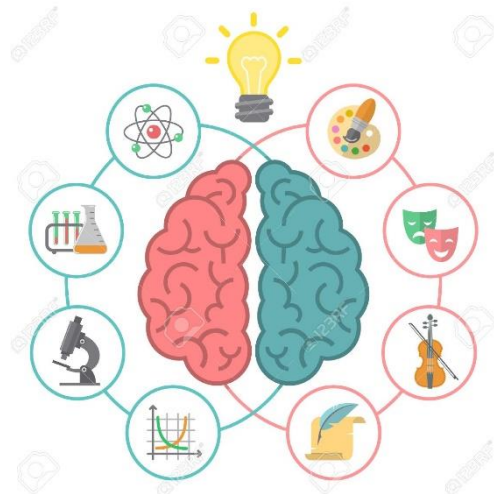
Scientifics Projects

Scientific speaking, before we learn about Dreams, we should understand more about how our brain process “Memories”.

During the day, the brain stores literally everything that we see, hear, and learn, even the things that we do not pay enough attention. What happen after is that, since we don't need some of this information as important memories, the brain

delete it in the end of the day. Before deleting it, our brain reproduces it all over again during the sleep.

The National Academy of Science of the USA conducted an experiment in 2006 with people who used to live in New York 3 years after 9/11 attacks, and the results was that the pieces of the story that they couldn't remember, was filled out with “Imagination”. That happen because the brain already deletes non-important details from possible traumatic experiences to help to preserve their mental health.

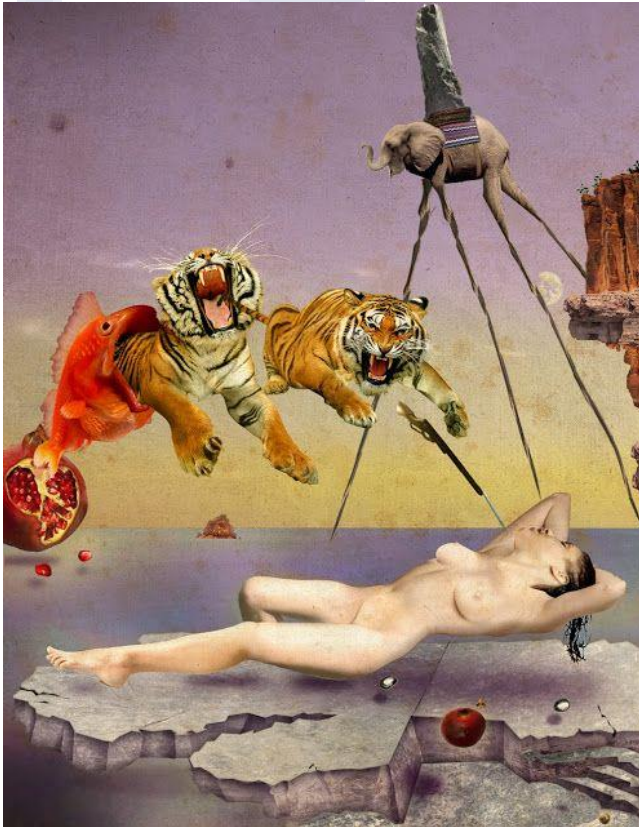


Dream Theories and 9/11

The Theory of Dreaming states that dreams are guided by the emotion of the dreamer. The central imagery of the dream depicts the dreamer's emotion.

As an example, a person cites the common dream image of a tidal wave. It is often reported by people who have been through an attack or other trauma. The image of a tidal wave may reflect the emotion of terror or being overwhelmed, so it predicts that the images of 9/11 may become another “tidal wave.” We may dream of the terrorist attacks during stressful times of emotional trauma. Dreams in the study did not reflect the likely concerns about future terrorist attacks. But they did reflect a general, emotional concern about a lack of safety.

Dreams and Art



In 1962, surrealist master Salvador Dalí gave the following explanation of his oil painting entitled, *Dream Caused by the Flight of a Bee Around a Pomegranate One Minute Before Awakening* (1944): “[It was intended] to express for the first time in images Freud’s discovery of the typical dream with a lengthy narrative, the consequence of the instantaneousness of a chance event which causes the sleeper to wake up. Thus, as a bar might fall on the neck of a sleeping person, causing them to wake up and for a long dream to end with the guillotine blade falling on them, the noise of the bee here provokes the sensation of the sting which will awaken Gala.”

The bayonet, as a symbol of the stinging bee, may then represent the woman’s abrupt awakening from her otherwise peaceful dream. The bee

around the smaller pomegranate is repeated symbolically. The two tigers represent the body of the bee (yellow with black stripes) and the bayonet its stinger. The fish may represent the bee’s eyes, because of similarity of the fish’s scaly skin with the scaly complex eyes of bees.



There are so many studies about meaning of dreams than we can notice, and people are always trying to understand what is hidden behind all this images or vivid experiences that they are having all the time. But after all, we should be sure about only that these stories are made with your own memories, experiences, and feelings. So, your brain is showing you that in a mysterious way, life is full of things that we still don’t know, and the meaning of the dreams is: human being is fascinating.



Sources:

[Here’s What These Ancient Cultures Believed About Dreams – Dream Tending](#)
[What we can learn from 9/11 about dreams and nightmares \(sleepeducation.org\)](#)
[Freud’s influence on Dalí’s surrealist dream art - Park West Gallery](#)

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